

Flu Can Be Dangerous for Children

The best way to protect your child from this serious disease is to get an annual flu vaccination.

Emergency Warnings Signs of Flu Symptoms in Children

If your child becomes sick with the flu, his or her condition can easily deteriorate in a matter of hours. Keep an eye out for any of the following critical symptoms, as it could be a sign that he or she may be ill.

- High and prolonged fever (102 degree or above for more than 72 hours)
- Changes in mental condition, such as not waking up or not interacting; being so moody that the child does not want to be held; or seizures
- Bluish or gray skin color
- Drop in body temperature (hypothermia)
- Difficulty breathing
- Not able to take in the usual amount of fluids
- Flu-like symptoms improve but then return with fever or worse cough
- Worsening of underlying medical conditions (for example, heart or lung disease, diabetes)

If your child presents any of these symptoms, please seek medical attention right away.



About Families Fighting Flu

Families Fighting Flu is a nonprofit, 501(c)(3) volunteer-based advocacy organization dedicated to protecting the lives of children. Our organization includes families whose children have suffered serious medical complications or died from influenza, as well as other advocates and health care practitioners committed to flu prevention. In honor of our children, we work to increase awareness about the seriousness of the disease and to reduce the number of childhood hospitalizations and deaths caused by the flu each year by increasing vaccination rates.

For more information, please visit: www.familiesfightingflu.org

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